

# OUTDOOR ADVENTURES

For more information on Outdoor Adventures contact  
Greg Velzy at 804-748-1124 or [velzyg@chesterfield.gov](mailto:velzyg@chesterfield.gov).

## Bicycle Maintenance

This class is designed to introduce participants to the basics of bicycle maintenance and repair. The class will offer hands-on instruction in trouble shooting, brake and gear adjustments, tire changing and roadside repairs. We will also cover proper bike fit, safety, and riding tips. Minimum age is 12. There is no fee, but class size is limited so registration is required.

Carytown Bicycles - 14267 Winterfield Pkwy (Midlothian location)  
Thursdays, 6- 8 p.m.

June 17	Free
July 15	<b>Course 38914</b>
Aug. 12	<b>Course 38915</b>
	<b>Course 38916</b>

## Biking - Intro to Riding Off Pavement (Trails)

Looking for the skills to ride off-road? Look no further! This class is designed to introduce the basics of riding your bike off the beaten track (on trails). You will receive practical, hands-on instruction for proper stance, sighting, gear shifting, and braking to build confidence for riding on beginner trails. We will also cover proper bike fit and maintenance tips. The route is relatively flat and suitable for all levels of riders. Minimum age is 12, and children should have some comfort riding on dirt roads. Participants must provide their own helmets and bikes with tires suitable for fire roads.

Dutch Gap Conservation Area, 251 Henricus Park Road  
6-8 p.m.

Thursday, June 10	\$5	<b>Course 38947</b>
Tuesday, June 29		<b>Course 38948</b>
Thursday, July 22		<b>Course 38949</b>
Tuesday, Aug. 24		<b>Course 38950</b>

## Bald Eagle Tours

Join Capt. Mike Ostrander with "Discover the James - Bald Eagle Tours" on his 24-foot pontoon boat for this unique and spectacular experience on our local James River. This two-hour tour focuses on the eight territories of resident bald eagles in the six-mile stretch of the James River known as Jefferson's Reach. Learn about, and see for yourself, the conservation success story of bald eagles on the James River. Just forty-five years ago, in 1975, there were none. Now they are plentiful enough to get up-close and personal. Minimum age is 15. Limited space, max of four; register early. Private charters are also available.

Deep Bottom Boat Landing, 9525 Deep Bottom Road  
9:30 -11:30 a.m.

Thursday, May 6	\$90	<b>Course 38372</b>
Sunday, June 6		<b>Course 38911</b>
Sunday, July 4		<b>Course 38912</b>
Thursday, Aug. 26		<b>Course 38913</b>
Thursday, Sept. 16		<b>Course 38945</b>
Thursday, Oct. 14 (10 a.m. - noon)		<b>Course 38946</b>

## WATER ADVENTURES

Learn from the best. Chesterfield County Parks and Recreation has been the leader in kayaking instruction in this region for over 30 years.

### Kanawha Canal Paddles

Join us paddling on the Historic Kanawha Canal in Richmond. Use sit-on-top kayaks for this exploratory journey on the first commercial canal system in the country which has been vacated for decades. We provide a brief overview of the history of the canals and the area, followed by basic paddling tips and safety considerations before enjoying the easy mosey by kayak up the still waters of the canal. This trip is good for those both with and without prior paddling experience. Renting provides all needed equipment. Minimum age is 11. Youth ages 11-13 must be accompanied by an actively participating adult. Max participant weight of 235 lbs. due to kayak limitations.

James River Park System, Pumphouse Park  
\$35 (\$40 w/rental)

Tuesday, May 18, 6-9 p.m.	<b>Course 38406</b>
Saturday, July 3, 8:30-11:30 a.m.	<b>Course 38917</b>
Monday, July 12, 6-9 p.m.	<b>Course 38918</b>
Sunday, Aug. 1, 8:30-11:30 a.m.	<b>Course 38919</b>
Saturday, Sept. 11, 8:30-11:30 a.m.	<b>Course 38920</b>

### Kayaking 101 - Introduction to Calm Water Paddling

Join the area's most experienced staff and learn how to paddle the correct way with our professional instructors. This class is designed for those person who want to learn the basics of flat-water kayaking. The class covers entries, exits, strokes, safety, and the equipment needed to begin your kayaking adventures. An optional tour of the Dutch Gap Conservation Area is included. Rental includes kayak and all equipment. Swimming ability is required. Minimum age is 11, and youths aged 11-13 must be accompanied by an actively participating adult. Max weight 235 lbs. due to kayak limitations.

Dutch Gap Conservation Area, 251 Henricus Park Rd.

9 a.m.- 3:30 p.m.	\$70 (\$80 w/ rental)	<b>Course 38990</b>
Sunday, April 25		<b>Course 38407</b>
Sunday, May 16		<b>Course 38937</b>
Saturday, July 10		<b>Course 38938</b>
Sunday, Aug. 15		<b>Course 38939</b>
Saturday, Sept. 25		

### Kayaking - Sit-on-Top Kayaking "River Sampler" with Full Moon

Chesterfield County's professional, certified instructors will teach safety and the basic techniques needed to get out for a brief evening paddle down a short stretch of the James River, on user-friendly sit-on-top kayaks, with the rising full moon. Swimming ability is required. Max weight 235 lbs. due to kayak limitations. Previous river paddling experience is recommended.

James River Park System, Pony Pasture.

6-9 p.m.	\$40 (\$45 with rental)	<b>Course 38386</b>
Monday, May 24		<b>Course 38927</b>
Tuesday, June 22		

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## Kayaking - "Sit-on-Top" River Trips (Whitewater 101)

No previous whitewater experience is needed for this trip, which is designed for those wanting to explore the easier rapids stretch of the James River, from Pony Pasture to Reedy Creek in Richmond on user friendly sit-on-top kayaks. This is a great way to get a feel for whitewater paddling without the rigors of being inside a true whitewater kayak. Swimming ability required. Rental includes kayak and all equipment. Minimum age 11, youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations. It is strongly suggested that you have some previous paddling experience though.

James River Park System, Pony Pasture

8:30 a.m. - 3:30 p.m.

\$70 (\$80 w/rental)

Sunday, May 2

Sunday, June 20

Saturday, Aug. 7

Course 38391

Course 38940

Course 38941

## Kayaking - River Trips

This is a shorter version of our instructional trips on the easier whitewater stretch of the James River, from Pony Pasture to Reedy Creek. This trip is best suited for those who have been down the river before that want to practice their skills, but not exclusive to that. We will help novice paddlers safely navigate their way downstream and discover the fun of river paddling. If you've already been fine tuning your skills the staff will be excited to help you "step up your game" towards an intermediate level. Both sit-on-top and traditional whitewater kayaks are available (traditional whitewater kayaks require previous experience). Minimum age 11, youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations.

James River Park System, Pony Pasture

8 a.m. - noon

\$45 (\$50 w/rental)

Sunday, June 13

Thursday, July 1 (5:30-9:30 p.m.)

Sunday, July 11

Sunday, Sept. 12

Course 38953

Course 38954

Course 38955

Course 38956

## Kayaking - Beginner Whitewater "Fast Track" (201+)

This is the same as the two-day class, but only for those who can handle a more aggressive learning curve. Friday evening is spent getting fitted with gear and the kayaks, and learning "wet-exits" and paddle strokes on flatwater. Saturday is right into the whitewater river trip to introduce river reading and running and refining skills. Please recognize Saturday will be a longer day on the water than usual. Swimming ability required. Minimum age is 15. All equipment provided. Max weight 235 lbs. due to kayak limitations.

Dutch Gap Conservation Area, 251 Henricus Park Road

James River Park System, Pony Pasture

Friday, 6-9 p.m.; Saturday, 8 a.m. - 4 p.m. \$140

April 30 - May 1

June 11 - 12

July 30 - 31

Course 38385

Course 38926

Course 38952

## Kayaking - Beginner Whitewater (Whitewater 201)

Join the regions' most experienced staff and learn how to paddle whitewater the correct way in true whitewater kayaks with Chesterfield County's professional instructors. Spend Day one on flat water learning technique, safety, and control. Day two is a whitewater river trip to introduce river reading and running and refining skills. Swimming ability required. Minimum age is 13. All equipment provided. Max weight 235 lbs. due to kayak limitations. Dutch Gap Conservation Area, 251 Henricus Park Rd. / James River Park System, Pony Pasture

Saturday and Sunday, 9 a.m.-4 p.m.

\$140

May 8-9

Course 38384

June 26-27

Course 38925

Aug. 28-29

Course 38951

## Kayaking - Whitewater Play Days

This after-work, instructional time is for both newer whitewater kayakers who wish to get time on the water (especially those without a boat), and intermediate level paddlers who want individualized coaching. Chesterfield's professional instructors are there to give pointers, answer questions, and for safety. Sessions will be held at Pony Pasture Rapids with no down river runs. Completion of a previous whitewater kayak class is required. All equipment is included. Minimum age is 13.

James River Park System, Pony Pasture

Wednesdays, 6-8:30 p.m.

\$29

May 12

Course 38388

May 26

Course 38389

June 9

Course 38929

June 23

Course 38930

July 14

Course 38931

July 28

Course 38932

Aug. 11

Course 38933

Aug. 25

Course 38934

Sept. 8 (5 - 7:30 p.m.)

Course 38935

Sept. 15 (4:30 - 7 p.m.)

Course 38936

## Kayaking - Whitewater Intermediate Skills Clinic

Chesterfield County's professional instructors will teach higher level techniques and practice drills during this down-river trip/clinic. This individualized instruction can be a follow-up to the beginner class, or to advance the intermediate level paddler's skill set. Completion of a previous whitewater kayak class is required. Minimum age is 13. Equipment is available to rent. Max participant weight of 235 lbs. due to kayak limitations.

James River Park System, Reedy Creek

8:30 a.m. - 2:30 p.m.

\$60 (\$70 w/rental)

Sunday, Aug. 8

Course 38928

## River Rescue Refresher

Practice and get updates on river safety and rescue skills that every paddler should know. This will include swiftwater wading, swimming, throw ropes, self-rescues, and boat rescues. Swimming and Class II+ paddling ability is required. Previous Swiftwater Rescue class is recommended. Life jackets and helmets are required. Minimum age is 15.

James River Park System, TBA

Saturday, Aug. 14, 9 a.m.- 5 p.m. \$50

Course 38943



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## Whitewater Rafting

Experience Riverside Outfitters Lower James River Rafting trip on Richmond's award-winning white water. The excursion will begin and end at the Riverside Outfitters shop in Stratford Hills. They'll take care of shuttling the participants. Paddle into the biggest rapids the James River has to offer, right through the heart of downtown with a break for provided refreshments at Belle Isle. This is easily one of Richmond's best adventures. Minimum age is 12.

Riverside Outfitters, 6836 Old Westham Road  
Saturdays, 1:30-4 p.m. \$60

May 1  
Aug. 7

Course 38400  
Course 38944

**For 50+ Outdoor Adventure activities see page 26.**

Other programs that would interest 50+ers:

- Bicycle Maintenance
- Kanawha Canal paddles
- Bald Eagle Tours
- Biking - Intro to Riding Off-Pavement (Trails)

## CHESTERFIELD CHALLENGE COURSE

### Help your team or group to...

- Achieve goals
- Cultivate teamwork
- Develop relationships
- Build trust

Bring your group, organization, company, class, co-workers or Scout troop to the Chesterfield Challenge Course. The course consists of high and low elements designed to promote initiative and confidence, as well as strengthen group dynamics, communication and willingness to work together. Brochures are available upon request.

Details: Jan Olson, 804-751-4133, [olsonj@chesterfield.gov](mailto:olsonj@chesterfield.gov)

